

A Healthy Supper...

for Chilly Evenings!



Crisp, colorful vegetables make a light, healthy beginning to this festive buffet, all cooked with the gourmet flavor of Puerto Rican rum. Everything here can be prepared ahead, then placed for serving. Your guests will take it from there. Friends will love this Rum Tea Punch, perfect with our streamlined version of the traditional paella recipe.

Its short cooking time lets you savor each ingredient. Top-off your supper with Rum Bread made with rum prune filling and an Apple Rum Puff dessert.

American Paella

- 4 cornish hens
- 1/4 cup olive oil
- 1 cup chopped onion
- 1 garlic clove, slivered
- 1/4 cup chopped parsley
- 2 packages (6 oz. each) chicken-flavor rice mix
- 1 can (24 oz.) clams in shell
- Clam juice (optional)
- Chicken broth (optional)
- 1 pound cooked shelled shrimp
- 2 Rock lobster tails, cooked and shelled
- 1 can (1 lb.) green peas
- 8 whole canned pimientos

Split hens to make 8 halves. Rinse and dry. Brush each half lightly with olive, sprinkle with salt and herbs. Place halves, skin-side up, in a jelly roll pan. Bake in a moderate oven, 350°, 70 minutes or until tender and golden.

While hens roast, heat oil in a large heavy skillet or Dutch oven. Add onion, garlic and parsley; cook until onion is soft. Add rice mix with seasonings to skillet. Pour liquid from clams into a 4-cup measure. Add additional clam juice, chicken broth or water to equal liquid called for on rice-mix cartons. Stir liquid into rice and mix well. Bring to a boil, reduce heat; cover. Simmer about 20 minutes. Add clams, shrimp and sliced Rock lobster tails, simmer about 8-10 minutes to heat through. Heat peas in their own liquid, drain and fill into pimiento cups. To serve, heap rice and fish mixture in center of large platter. Arrange cooked hens and filled pimiento cups around rice. Makes 8 servings.

Rum Tea Punch

- 3 lemons, thinly sliced
- 1 tablespoon whole cloves
- 1 cup sugar
- 2 cups boiling water
- 4 cups strong hot tea
- 1 pint gold Puerto Rican rum

Stick lemon slices with cloves, add sugar. Add boiling water, stir until sugar is dissolved. Mix in tea and rum, serve hot. Makes about 2 quarts.

Apple Rum Puff

- 3 tablespoons butter
- 5 tart green apples, peeled, cored and sliced (about 5 cups)
- 1 cup sugar, divided
- 1/2 cup white or gold Puerto Rican rum
- 4 eggs, separated
- 1/2 cup dairy sour cream
- 1 teaspoon vanilla
- 1/4 teaspoon salt

Melt butter in a heavy skillet. Add apples, 3/4 cup sugar and rum. Cook over low heat until apples are tender and most of liquid is absorbed, about 20 minutes. Stir just enough to prevent sticking or burning. Turn about two-thirds of the apples into a casserole or baking dish. Reserve the remaining one-third for topping dessert. Beat the egg yolks until very thick. Beat in sour cream and vanilla. Beat egg whites until they begin to form soft peaks. Gradually add the salt and remaining 1/4 cup sugar, beating until stiff peaks form. Fold egg yolk mixture into egg whites. Pour over apples in baking dish. Spoon reserved apple slices on top. Bake in a moderate oven, 350°, about 30 minutes until puffed and lightly browned. Serve warm or chilled with Puerto Rican Rum Creme. Makes 8 servings.

Rum Bread

- 1 pound box soft pitted prunes
- 1/2 cup white or gold Puerto Rican rum
- 3 cups whole wheat flour
- 1/2 cup bran cereal, crushed
- 2 packages active dry yeast
- 1 tablespoon salt
- 1 cup milk
- 1 1/2 cups water
- 1/4 cup salad oil
- 1/4 cup honey
- 1 egg
- 1 cup finely chopped nuts
- 4 cups all-purpose flour

Chop prunes and add rum. Mash well, using a fork or wooden spoon. Allow to stand one hour. Stir together whole wheat flour, crushed cereal, yeast and salt. Combine and heat milk, water, oil and honey. When mixture is warm, add to flour-yeast mixture. Beat together until thoroughly mixed. Beat in egg. Stir in nuts and enough flour to make a stiff but workable dough. Knead for at least 10 minutes, or until dough is very smooth and elastic. Divide dough in half. Roll each half into a rectangle (12"x9"); spread each rectangle with half the prune-rum mixture. Roll up from short end jelly-roll fashion; seal ends. Place each loaf in greased loaf pan (9"x5"x3"). Cover with a damp towel, let rise 45 minutes. Bake in a moderate oven, 350°, about 40 minutes or until loaf tests done. Remove from pans and cool. Makes 2 loaves.

Puerto Rican Rum Creme is made by preparing any dessert topping as directed on package, substituting 1 to 2 tablespoons white or gold Puerto Rican rum for liquid called for in directions. Serve with Apple Rum Puff.